



# into Wellness

## **Spring into Wellness**

April 1<sup>st</sup>-April 30<sup>th</sup>

Complete as many of these fitness and wellness related activities as possible within the month of April for your chance at some amazing prizes! Each Friday, on our Bringing Wellness to You page, we will post a weekly challenge to complete! Feel free to share your progress on our Facebook page by posting a photo of your card or sharing what activities you have completed. UNC Wellness Centers encourages you to stay active, stay motivated, and stay healthy!

Completed cards or mostly completed cards should be submitted [here](#). Squares will be recorded based on their quadrant number ex. A1= Take a virtual class and A2 = Donate or recycle 5 things you are no longer using. Participants are eligible for prizes based on how many activities they complete. A final video will be created on our Bringing Wellness to You page to congratulate the participants of the challenge!

### **Prizes:**

15 boxes: grocery store bag

20 boxes: drawstring bag

25 boxes: stainless steel water bottle

Full Card: bag, stainless steel water bottle and a raffle ticket for one of the grand prize drawings

Grand Prize:

One Personal Training Session or

One 60 minute Massage



Spring into Wellness	1	2	3	4	5
A	Take a Virtual Class through UNC Wellness Youtube <a href="https://uncwellness.com/services/exercise-videos/">https://uncwellness.com/services/exercise-videos/</a> Date: _____	Donate or recycle 5 things you are no longer using  Date: _____	Call or send a kind message to a family member or friend  Date: _____	Cross one item off your to do list  Date: _____	Practice a favorite hobby for 30 minutes  Date: _____
B	Enjoy a meal or snack outside  Dates: _____	Write 5 fun/creative ways to exercise at home  Date: _____	Focus on your posture for the entire day  Date: _____	Complete 30 minutes of cardio (gardening, soccer, walking)  Date: _____	Have a phone free night  Date: _____
C	Stand or complete a short walk every hour during one day  Date: _____	List 3 reasons why health and wellness is important to you  Date: _____	Complete one weekly challenge (announced at the end of each week)  Date: _____	Create a new recipe  Date: _____	Drink at least 8 glasses of water in one day  Date: _____
D	Take a picture of your home workout or healthy recipe  Date: _____	Go to bed 30 minutes earlier  Date: _____	Make a list of 10 things that excite you  Date: _____	Research a new topic that interests you  Date: _____	Skip treats/desserts for 5 days  Date: _____
E	Choose 1 exercise and add one repetition each day (Day 1: 5 Push-ups, Day 2: 6 Push-ups, Day 3: 7 Push-ups) Exercise: _____ Date: _____	Listen to a new podcast or music station  Date: _____	Complete a Crossword, Word search, Sudoku, or Puzzle  Date: _____	Complete 5 bodyweight exercises  Date: _____	Meditate for 10 minutes  Date: _____
F	Read a book/magazine  Date: _____	Stretch for 15 minutes  Date: _____	No sugary beverages for one full day  Date: _____	Record your step count each day for 1 week (Using a Fitbit, Phone, pedometer)  Date: _____	30 Squats 30 Push ups 30 Jumping Jacks  Date: _____

Name: \_\_\_\_\_

Youth Spring into Wellness	1	2	3	4	5
A	Take a Virtual Class through UNC Wellness Youtube <a href="https://uncwellness.com/services/exercise-videos/">https://uncwellness.com/services/exercise-videos/</a> Date: _____	Donate or recycle 5 things you are no longer using  Date: _____	Call or send a kind message to a family member or friend  Date: _____	Clean your room once per week during the challenge  Date: _____	Practice a favorite hobby for 30 minutes  Date: _____
B	Enjoy a meal or snack outside  Dates: _____	Write 5 fun/creative ways to exercise at home  Date: _____	Complete 1 school work themed activity (reading, writing, math)  Date: _____	Complete 30 minutes of cardio (soccer, bike, scooter, dance)  Date: _____	Limit screen time to 2 hours for 1 day (TV, Game playing, tablet)  Date: _____
C	Stand or complete a short walk every hour during one day  Date: _____	What does health mean to you?  What does wellness mean to you?	Complete one weekly challenge (announced at the end of each week)  Date: _____	Help prepare or clean up dinner  Date: _____	Drink at least 8 cups of water in one day  Date: _____
D	Take a picture of your home workout or healthy recipe  Date: _____	Go to bed 30 minutes earlier  Date: _____	Make a list of 10 things that excite you  Date: _____	Research a new topic that interests you  Date: _____	Skip treats/desserts for 3 days  Date: _____
E	Choose 1 exercise and add one repetition each day (Day 1: 5 Push-ups, Day 2: 6 Push-ups, Day 3: 7 Push- ups) Exercise: _____	Listen to a new podcast or music station  Date: _____	Complete a Crossword, Word search, Sudoku, or Puzzle  Date: _____	Complete 5 bodyweight exercises  Date: _____	Draw/color a picture or create a craft  Date: _____
F	Read a book  Date: _____	Stretch for 15 minutes  Date: _____	No sugary beverages for one full day  Date: _____	Record your step count each day for 1 week (Using a Fitbit, Phone, pedometer)  Date: _____	30 Squats 30 Push ups 30 Jumping Jacks  Date: _____

Name: \_\_\_\_\_